



"Becoming an Outdoors-Woman" and the logo are copyrighted

Becoming an Outdoors-Woman (BOW) is a workshop focused on the learning of outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...

- ☐ You have never tried these activities, but have hoped for an opportunity to learn,
- ☐ You are a beginner who hopes to improve your skills,
- ☐ You know how to do some of these activities, but would like to try your hand at some new ones,
- ☐ You are just looking for the camaraderie of like-minded individuals.

BEYOND BOW ONE DAY ADVENTURE SATURDAY, APRIL 2, 2016 SALATO WILDLIFE EDUCATION CENTER FRANKFORT, KY

PLEASE NOTE: THIS EVENT IS LIMITED TO 50 PARTICIPANTS



The Kentucky Department of Fish and Wildlife Resources is funded through the sale of hunting and fishing licenses and boat registrations. KDFWR receives no general fund tax dollars. KDFWR does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities and equal opportunity to participate in all programs and activities.



The Kentucky Department of Fish and Wildlife Resources (KDFWR) sponsors this event in partnership with the Kentucky Fish and Wildlife Foundation

WEEKEND AGENDA

8:00am	Registration and continental breakfast
8:45am	Welcome
9:00-11:30am	Session I
12:00pm	Lunch
1:15-3:45pm	Session II
4:00pm	Wrap-up

PLEASE READ CAREFULLY AND COMPLETE FORM PROPERLY
\$50 EVENT FEE, INCLUDING ANY ADDITIONAL CLASS FEES PAYABLE AND MAILED TO
BETH MINCH, P.O. BOX 35, STAMPING GROUND, KY 40379

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _ (PRINT CLEARLY) _____

EMERGENCY CONTACT _____ PHONE _____

I may be exposed to some environmental/physical risk due to the nature of the event.
I assume full responsibility for any intentional action or injury that may result from my participation.
I understand and accept that photographs/videos may be taken during sessions to be used in future support of BOW.
I understand organizing the BOW adventure takes place months in advance and every effort is made to offer all scheduled activities. However, in the event of an unforeseen and unavoidable event of a class/event cancellation or instructor change, BOW will provide excellent alternatives should the situations arise.

APPLICANT SIGNATURE _____ DATE _____

This event consists of two, 2½ hour sessions
PLEASE SELECT YOUR TOP FOUR CHOICES
Mark your top choice with the number 1, Your second choice with the number 2 and so on with 3 and 4.
As courses fill, you are assigned your 3rd or 4th choice.
Sessions are limited and filled on a first-come, first-served basis.
Please select your courses carefully; **YOU CANNOT CHANGE YOUR SCHEDULE AT THE EVENT**

____ ABC's of Turkey Hunting

____ Advanced Archery

____ Antler Jewelry Making / **ADDITIONAL \$15 FEE**

____ Basic Archery

____ Basic Fishing

____ Basic Fly Tying / **ADDITIONAL \$10 FEE**

____ Behind the Scenes Salato Tour

____ Being Comfortable on Your Own

____ Edible Wild Plants

____ Friction Fire

____ Handgun Selection, Safety and Care

____ Introduction to Crossbows

____ Introduction to Wild Mushrooms

____ Monarch Waystations

____ Outdoor Photography

____ Spring Birding Hike

____ Survive in the Outdoors

REGISTRATION/CONFIRMATION: Registration will close March 19, 2016. One person per registration form please. Please complete the registration form and mail it along with your \$50 event fee to **** Beth Minch, PO Box 35, Stamping Ground, KY 40379**. Upon receipt of this information and payment a confirmation letter will be sent to you with your class placement, reminders and directions.

EVENT FEE: The \$50 event fee covers two (2) class sessions, handouts and equipment along with continental breakfast and lunch. This fee is required of each participant to reserve a spot for the event. **EVENT FEE DOES NOT COVER EXTRA CLASS FEES.** Please include any extra class fees registered for with the event fee. Checks made payable to Beth Minch mailed to the noted address above **.

CANCELLATION: Cancellations made before March 19, 2016 will incur a \$25 processing fee from your event fee however substitutes are accepted. Cancellations made after March 19 or no-shows will forfeit their entire event fee.

QUESTIONS OR CONCERNS: Call 1-800-858-1549, ask for Megan Bagby, BOW Assistants or e-mail Beth Minch, BOW Coordinator at beth.minch@ky.gov. We strongly recommend you read your registration form and confirmation letter prior to contacting us as most issues are addressed there.

CLASS DESCRIPTIONS

**ALL CLASSES WILL ENCOMPASS TIME OUTDOORS, DRESS ACCORDINGLY
THERE WILL BE NO RANGE TIME WITH THE FIREARM CLASSES**

ABC'S OF TURKEY HUNTING LIMITED CLASS of 12 - The spring season is upon us. This class will provide you "tips to be equipped" to try and outwit a wise old Tom. We'll talk about how to dress, locate birds, set up, call, choose a firearm and take care of your harvested bird. Geared for beginners. Bring a call if you like, and we'll help you be ready to talk turkey when time comes!

ADVANCED ARCHERY LIMITED CLASS of 10 - Spend time maneuvering through a 3-D target range and learning to use and shoot from blinds and tree stands. Shot placement, equipment tips and handling will be the focus.
PARTICIPANTS MUST BRING THEIR OWN BOW

ANTLER JEWELRY MAKING LIMITED CLASS of 10 – Never mind baubles and gems, you can "rack up" a natural selection of adornments when you make jewelry out of deer antlers. Antlers are rugged enough to stand up to any lifestyle yet still fashionable enough to dress up a variety of outfits. Earrings, necklaces or bracelets can be fashioned with a few tools in just a few steps. You'll make two items in class and the antlers are provided. **ADDITIONAL \$15 SUPPLY FEE**

BASIC ARCHERY LIMITED CLASS of 20 - Learn a new outdoor skill with step by step instructions for correctly and safely shooting a bow. You'll be hitting the target in no time with an opportunity to use what you've learned on a 3-D range. Dress accordingly to be outdoors.

BASIC FISHING LIMITED CLASS of 15 - Venture into the world of fishing as you learn basic techniques, safety, casting, tackle, equipment, and bait. You will get to utilize your new found skills by hitting the waters on the KY Fish and Wildlife Headquarters. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

BASIC FLY TYING LIMITED CLASS of 8 - Focus on the fundamentals of fly tying as you learn about fly fishing techniques while turning your own hand tied flies to take home. **ADDITIONAL \$10 SUPPLY FEE**

BEHIND THE SCENES SALATO TOUR LIMITED CLASS of 15 - Come get a behind-the-scenes tour at our host facility. Join the Center's new director, Brent McCarty and get an up-close look at parts of Salato that visitors rarely see. (As well as parts that are open to the public.) See the hawk fly, watch the groundhog demonstrate her trained behaviors, hold some program reptiles, and much more.

BEING COMFORTABLE ON YOUR OWN LIMITED TO 12 – Even if you're hunting 'with' others, frequently they're not right there with you in the woods. Discover tips on how to increase your comfort level moving to tree-stands, hunting blinds or that great turkey spot before sunrise enjoying your time in the woods alone. *Please note – this is not a personal safety nor a firearms safety class.*

EDIBLE WILD PLANTS LIMITED TO 15 – Learn to identify common edible wild plants. Details on where, when and how to add them to your meal planning, including recipes and tips on preparation.

FRICTION FIRE – Discover the ancient art of friction fire. Learn and practice how to create a fire using primitive techniques. This knowledge is valuable for understanding how fire is made without modern tools. Fire in a survival situation is an invaluable resource. Learn tips on how to start a good fire without using paper, cardboard, lighter fluid or other modern items. This course will involve bending, stooping and rapid arm movements while operating a Bow Drill. Come with a good attitude and maybe a little patience and perseverance to learn the art of the ancients.

HANDGUN SELECTION, SAFETY AND CARE LIMITED CLASS of 15 – A great class to learn the basics of pistol safety and selection for sport and/or hunting purposes covering calibers, shooting principles and marksmanship.

INTRODUCTION TO CROSSBOWS LIMITED CLASS of 12 – Learn parts of a crossbow and how it works/how to load as well as learn about the types of arrowheads used for bolts. This class will emphasize safety shooting a crossbow. Learn what game you can hunt while using a crossbow. If time allows learn how to track game using a blood trail and how to use a tree stand with a crossbow.

INTRODUCTION TO WILD MUSHROOMS LIMITED CLASS of 15 – All mushrooms are edible, but some only once. Join us in this informative class for the nature lover who is eager to learn how to forage and collect edible mushrooms in our region. Learn how to identify the edible ones from the poisonous ones as well as how and why to make a spore print. Dress accordingly to be outdoors.

MONARCH WAYSTATIONS LIMITED CLASS of 15 – Become actively involved in helping wildlife! We will learn all about Monarch Waystations and why they are important to Monarchs and to many other pollinators. After learning what to plant to attract these creatures, we will help Salato with their two Monarch Waystations by planting many more native plants. So, bring your digging clothes! We will also touch on Rain Gardens and their function in the scheme of things.

OUTDOOR PHOTOGRAPHY LIMITED CLASS of 10 – Improve your outdoor photography skills with Kentucky Afield Magazine Editor Dave Baker. Learn what publishers look for in a photo and the basics of composition and lighting. We'll go beyond point-and-shoot to explore some of the overlooked features typically found on digital cameras. We'll also discuss how to "hunt" animals with your camera. Empty your memory cards, charge your battery and come join us for some fun.

SPRING BIRDING HIKE LIMITED CLASS of 15 – Join Conservation Educator Geoff Roberts for a spring birding hike on the trails of Davison Woods and learn to identify resident and migratory songbirds and woodpeckers. Bring comfortable walking shoes, your favorite field guide, and binoculars. The trails will be moderately strenuous and contain all obstacles expected of Mother Nature. A limited supply of binoculars will be available for those who do not have a pair.

SURVIVE IN THE OUTDOORS LIMITED CLASS of 15 – Even with the best laid plans sometimes things can go wrong. In this class we'll learn how to make a survival pack as well as how to build a fire, find a safe place to sleep, dine on interesting-yet safe wild things and we'll cover a few medicinal plants you may need... in your time of need.